

inside
the review
THIS WEEK
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above the
LIMIT

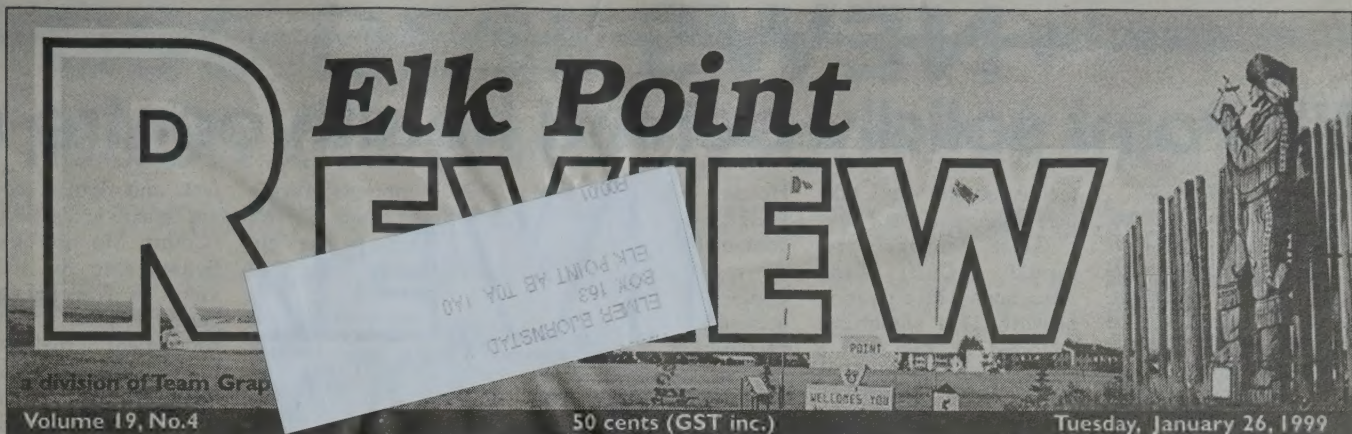
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Elk Point solidly behind health centre

Public forum hears 34 briefs in support of continued services

Residents of Elk Point and district packed the Elks Hall last Wednesday for a public forum on reduction of the Lakeland Regional Health Authority's impending deficit, and spoke out emphatically on the need to retain emergency, acute and long term health services in the community.

A total of 34 briefs were presented, dealing with varying aspects of the crisis situation which would occur if the Elk Point Health Centre closed its doors. George Cuff and Associates, who are conducting a study on elimination of the LRHA deficit, heard from a wide cross-section of the area's population, from industry and business to health care professionals, from senior citizens to students, from First Nations, Metis Settlement and rural residents all intent on saving the Health Centre from closure.

Cuff assured the crowd that "no final decisions have already been made. I am unaware of any hidden agenda and have not pre-written any report." Cuff said he was given terms of reference for his study by the Minister of Health and was asked to review the LRHA Board's business plan, give them advice on on policies and on operating within a regional budget. Cuff will also report to the Minister on the LRHA's board and governance. He said that previously, the Board "hasn't had the financial advice and direction they should have."

Mayor Ed Buck reiterated the main

focus of his three previous briefs, including the distance to obtain health services, the direct social and economic impact on the area, the ongoing difficulty in obtaining doctors in rural areas, and the reliance of local seniors' residences on nearby medical care. He said one of his "main concerns is the morale of the community and at our health centre," and cautioned that "if you close facilities without addressing the systemic problems, you will be addressing them again in three to five years."

County reeve Robert Bouchard said the services now provided in Elk Point and St. Paul are necessary for the rest of the area. "They are not extravagant, they are in fact essential. There are no superficial services, and any cuts would affect the wellbeing of our residents." Bouchard said that when hospitals were governed by local boards, "we lived within our means, The Province took that away from us, and now could deprive us of essential services." He suggested that the province should insist that the federal government inject enough money to keep essential services in place.

Ray Danyluk, speaking as a school board trustee and county councillor, spoke on the needs of students and oil workers, and asked Alberta Health "to reinvest in rural Alberta. Decisions should be made with thought of this region with so much potential."

Lorne Dustow of Fishing Lake Community Services said it "appears the provincial government is about dollars, not people," and listed "government money scandals," asking "must the common people always pay?" He noted that the Metis settlements in the area work with the LRHA staff to improve services to isolated communities, and said that a recent LRHA survey determined access time to health care as a prime concern. "Closing facilities here won't help this."

Fred Lambright, who has operated the Elk Point and District Ambulance for 15 years, said 60% of his calls are already over the accepted limit of 45 minutes to care facilities.

When obstetrics was discontinued at Elk Point Health Centre, "it didn't eliminate mothers and babies," he noted. The ambulance staff have officiated at several deliveries en route to hospitals providing this service. His staff is able to provide basic life support, and "Elk Point's emergency department has made decisions and saved lives." Lambright lives in Elk Point "by choice, and accept the challenge and responsibility... knowing my patients will receive the help they need at Elk Point Health Centre."

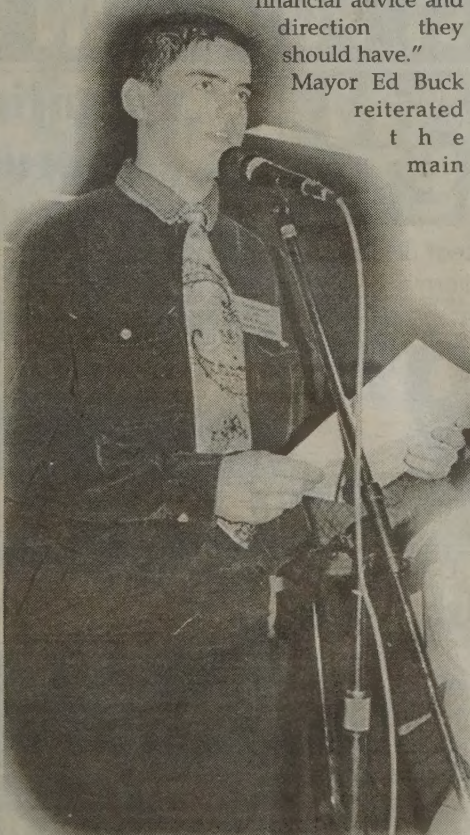
Sixteen-year-old Peter Danyluk was born at Elk Point Hospital, "but not easily," and got the start he needed there. He feels quality health care is essential to children, and to the schools where they are educated and participate in sports. Along with his 4-H club, he has visited Parkview Extended Care and donated to Palliative Care, and asked what message closure would send to the area's volunteers. He also commented on the demographics of the region, and said that the high populations of seniors and First Nations must be considered.

Seniors spokesperson Margaret Modin reminded Cuff that the government has pledged to give universal health care to all citizens. She also noted that \$2 million was spent on renovations to the Health Centre, because need had been demonstrated. To close it now "would not be good stewardship of our tax dollars. She stated that the health care needs of seniors are often urgent, and that others require weekly monitoring. Transportation is often an impossibility, and the local volunteer drivers could not begin to bear the extra load that would be placed upon them.

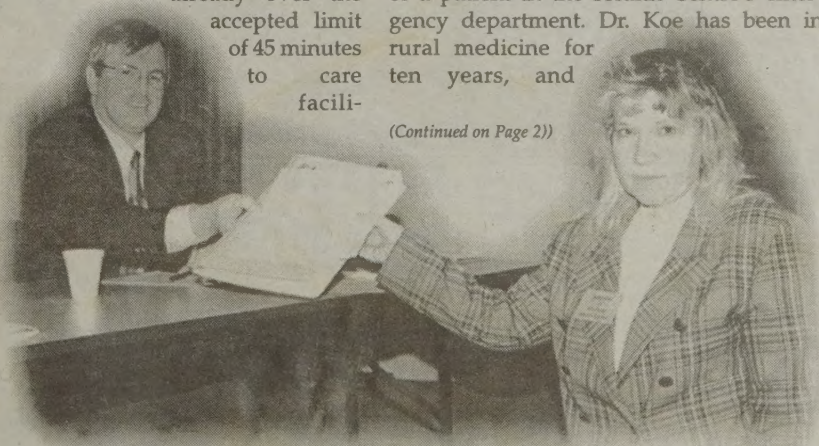
Rev. Jim Mac Lellan implored the consultants to consider the moral aspect, and said "God requires us to care for those who are vulnerable and in need of relief. Children, seniors and those with special needs must not be ignored."

John Kulig spoke on behalf of his wife, Dr. Sandy Koe, who was busy taking care of a patient in the Health Centre's emergency department. Dr. Koe has been in rural medicine for ten years, and

(Continued on Page 2))



PETER DANYLUK gave a young perspective and reminded Cuff that today's youth will be tomorrow's decision makers.



GRACE KINJERSKI of the Elk Point Palliative Care Committee presented a 2464-signature petition from Elk Point Health Centre supporters to Doug Clamping of George Cuff and Associates.

community-NEWS

Elk Point solidly behind health centre retention

(Continued from Front Page)
"spent two years looking for this place and now you're going to throw us out?" Due to uncertainties in the region, Dr. Koe has already dissuaded three other doctors who would have liked to join the Elk Point team, and Kulig said "Sandy won't stay if they degrade this

facility so she can't take care of her patients."

Grace Kinjerski presented Cuff and Associates with a petition bearing 2464 signatures collected in less than a month from "people who need our hospital." Clarence Goldsmith, who lives in the County of Vermilion River and who claims his life was saved by Drs. Koe and Ramful last winter, presented another petition from people outside the LRHA area who nonetheless use the Elk Point Health Centre and support its retention.

Alvina Schuhmacher, manager of Fort George Manor, Buckingham

House and Heritage Lodge, said the two self contained facilities house 33 residents, and the Lodge has been at 100% occupancy since 1991 and currently has a waiting list of 16. Seven more units are scheduled to be added this year. Even though the lodge is next door to the hospital, Schuhmacher said is a challenge for residents to visit doctors or the clinic. "To get to another centre would be a hardship, and where would you go? Doctors [in other towns] are already on overload."

Dr. Drew Ramful, who has practiced in Elk Point for 9 years, has accumulated charts on over

10,000 patients during that time, which doesn't include those he has only seen in the emergency department. He has seen occasions "when people would have died if we hadn't been there and then. Let us make a difference by cutting [services] where lives will not be lost. There is no way that people living near the Saskatchewan border could make it to St. Paul or Bonnyville in time" in case of an accident or medical emergency. However, he said that patients could travel from town to town for surgery and duplication of expensive equipment and maintenance "is not really saving lives." He also cited intensive care units "that aren't really that — they are glorified medical beds. When patients need real intensive care, they are sent to Edmonton. Can we justify a need for them?"

Chief Eric Gadwa of Kehewin First Nations said he has sent letters to the federal government asking for assistance for the LRHA, and that the Tribal Chiefs Association have offered their help.

Public Health Nurse Lois Sheplaw offered

facts and figures regarding time to access service. "County Mountie" Cathy Bedard said the RCMP views an available emergency hospital as a vital component of their work. FCSS Director Deanna Easthope said cutbacks have already diminished the community's pride, and Vicki Brooker, on behalf of the Chamber of Commerce, spoke of the harm which could come to the local economy.

Ken Palamarek spoke both as manager of the Canadian Salt Plant and the Elk Point Volunteer Fire Department, and felt that closure of the health centre would "unreasonably jeopardize lives and compromise the safety of workers." He added that his firefighters are not trained as paramedics and would be reluctant to attend motor vehicle accidents where they could not give the necessary help while waiting long periods for an ambulance.

Kevin Casper of Union Pacific Resources and the Elk Point Oilmen's Association, said response time is the biggest concern. "We deal with explosive, flammable products. We had a

worker who was engulfed in flames who is fine today because he got here to the hospital in 15 minutes." Although oil prices are currently low, they tend to move on a three to five year cycle, and Casper urged the consultants to "take a longer view." UPR in the Elk Point area pays \$16.2 million in royalties to the provincial government and "It's reasonable for the government to put back enough funds to take care of the people who provide the revenue for them."

MLAs Paul Langevin and Dennis Ducharme were on hand and assured the community of their support. A number of area residents also spoke in support of the health centre and its importance in the community.

The forum was the second last of a series held across the Lakeland region over the past two weeks. The final forum, held in Bonnyville Thursday night, attracted 1400 people. The LRHA Board will announce their recommendations on deficit reduction at a public meeting in Smoky Lake this Friday.

AADAC COMMUNITY PROJECTS Problem Gambling

The Alberta Alcohol and Drug Abuse Commission is now accepting proposals for grant funding to community groups/agencies in Alberta. Projects must be local in scope and deal with education and prevention in relation to problem gambling.

For a copy of the proposal guidelines please contact:

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Funded Agencies and Problem Gambling
235, 10909 Jasper Ave.
Edmonton, AB T5J 3M9
Phone: (780) 422-2314
Toll-free dial 310-0000

The deadline for proposal submission is March 31, 1999.

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~~from the~~ **FCSS DESK**

You can reach out and make a difference!

Lend a hand with volunteer income tax assistance

By Deanna Easthope
FCSS Director

Boy oh boy, am I ever proud to be from the community of Elk Point! Did this community ever rally in support of our local Health Centre! Everyone deserves a great big thank you for attending the meeting on January 20 and to all the people who spoke — thank you, thank you. To all the planning people and especially Mayor Ed

Buck — thank you and thank you everyone for everything everyone did in all this process. A deficit elimination plan for the whole Lakeland Region — what a task! And ... Elk Point was heard! What everyone did made a difference! If we win or lose — what a good fight! Great "team work"! Oh, the community spirit ... it was there! I have to say it again ... "Thank you everyone!"

Speaking of reaching out and making a difference, did you know that each year from February to April, community volunteers, in conjunction with Revenue Canada, offer their services to complete straight forward income tax returns free-of-charge to individuals needing assistance? This service is need-based and is available to individuals whose income levels fall below established thresholds.

The beneficiaries of this service vary from seniors to single parents to students and everything in between. What these individuals share is a need for a little assistance to successfully complete their income tax returns. Although many of these individuals may not be taxable, successful and timely completion of an annual tax return is essential as a trigger to various government programs including GSTC, Child Tax Benefit and certain Old Age Security supplements. Volunteers are as varied as the population they serve. There are no specific requirements to being a volunteer except an understanding of basic mathematical concepts and an interest in helping people in need. The com-

mon denominator in the volunteers is the great satisfaction they get from being involved. Revenue Canada provides the initial training as well as ongoing support to volunteers. The "Lend-A-Hand Taxation Workshop" will be held in Elk Point at the F.C.S.S.

Office (4902-51 Street), on February 10, 1999 from 10:00 am to 3:00 pm. If you are interested in becoming one of these volunteers and are willing to lend-a-hand to help others with their income tax, call Faye or Deanna at the F.C.S.S. Office at 724-3800 to register.

Tree of Hope lights the way for Elk Point Palliative Care

By Grace Kinjerski
Palliative Care Committee

Now that Christmas is over and we are into the New Year we can relax. As you relax, we from the Palliative Care, would like to say "Congratulations". Once again this community came across with a small town closeness showing overwhelming generosity through donations to Palliative Care. Elk Point

and area is a wonderful place to live. Thank you from the Palliative Care for the grand response to the "Tree of Hope". \$950.00 was raised. In memory of: (white lights) - Mike Sheplawy from Phil & Vicki Sheplawy - Carl Ockerman from Olga Ockerman - John & Annie Seniuk, John & Jenny Andriaschuk and Pauline Chubey from Bill and Olga Seniuk - Wanda Rothe
(Continued on Page 8)

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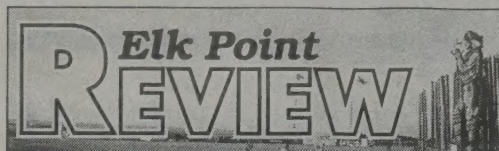
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VIEWPOINTS



COMMUNITY SERVICE GRANT -- At a recent meeting of the Ferguson Flats Association, Ed Hillebrand (left) resented a generous donation from Suncor to Bruno Kummertz, president of the organization. This Community Service Grant is awarded to retirees in support of their volunteer work in the community. Ed was an employee of the company in Fort McMurray for 25 years and currently resides in the Ferguson Flats district where he takes time to be involved and help out when there is a need.

Submitted by Olga Ockerman.

Letter to the Editor

Seniors Needs Study completed

Dear Editor:

As project coordinator for the Seniors Needs Study, I am pleased to announce it has been completed. Now in for committee review, the final form will be printed and released at the Interagency Health Committee's discretion, but likely in the near future. Arrangements will be made to place copies at the two local seniors' centres and manors as well as at local support agencies.

May I take this opportunity to thank those who assisted in so many ways helping me with this project. You are noted in the report's Acknowledgements section. A special thank you goes to Margaret Modin and her able helpers who provided space, lunch and moral support for the initial kick-off of the survey on November 15, 1998 at the Elk Point Seniors' Recreation Centre.

Respectfully,
Bob Hendriks
Project Coordinator

Nutrition notes

Having trouble gaining weight?

By Carmen Skrypichayko, RD
Elk Point Health Centre

Most of us have no difficulty gaining weight, in fact it's too easy. However, there are individuals out there who have problems maintaining a healthy body weight. Many conditions can result in undesirable weight loss including COPD (chronic obstructive pulmonary diseases), cancer and AIDS.

A high protein, high calorie diet is often prescribed. This diet is based on Canada's Food Guide but patients are instructed to choose foods within the four groups which have more protein and calories, the opposite of what the rest of us are

trying to do.

Dairy products can be an excellent choice. Choosing homogenized milk and eating more higher fat products such as cheese, ice cream and whipping cream will quickly increase your energy intake. Adding skim milk powder to soups, hot cereals and to fortify milk can also be helpful.

The meat and alternatives group is the other high protein group. Include a choice from this group at each meal and add extra gravy and cream sauces to increase calories. Eggs and peanut butter are also in this group and are often appropriate for breakfast.

One of the keys to gaining weight is to eat frequently.

Eating four to six smaller meals per day may be helpful when you suffer from fatigue and early satiety (stomach feels full easily). If preparing a meal is too difficult, save leftovers to heat up. Nutritional supplements such as Carnation Instant Breakfast, Ensure and Boost are high energy snacks which are convenient and easy. Keep a few on hand for in between meal snacks.

Hope this is a helpful start. Remember, being too thin is as big of health concern as being overweight. Contact your doctor or dietician if you are concerned you may be underweight. Maybe you can't be too rich but you definitely can be too thin!

From Parliament Hill

MP concerned with suggestions of giving feds more control on health

Dear Editor:

Health care and the threat of hospital closure has been of great concern to all of us in this part of Alberta for some time and the situation has become more urgent with the current review by the local Health Authority. All of us want the best health care possible and none of us wants to lose our local hospital. What is more important than good health?

I am concerned, however, with the suggestion that part of the solution to the current problem would be giving even more control to the federal government and with the proposal by the Prime Minister and Allan Rock that the Liberal government do a report card on the provinces in the area of health.

There are two main reasons for my concern:

* First, health care is an area of provincial jurisdiction under the constitution of our country

and a move to more control by this government should be interpreted as a power grab and one which would ignore once again the constitution of our country.

* Secondly, let's look at the Liberal government record on health care. This government is so committed to health care that the first cut in spending (and the only substantial one) was a reduction in transfers to the provinces of between six billion and seven billion dollars per year. This government is so committed to health care that they have reduced federal funding for health care to 11 per cent of total health care spending, instead of the 50 per cent commitment made when Medicare was put in place 35 years ago. Why would you want to trust a government which has broken its pledge to pay half the cost of health care and is now paying less than 25

per cent of that commitment? Why would you want to trust this Liberal government in particular when the first spending cut was to health care? Their words say one thing, their actions quite another.

Our best chance to improve our health care system is to work with our provincial government to make improvements and to pressure them when necessary, recognizing the difficult situation they must deal with due to downloading by the federal government. Meanwhile, I will continue, along with my colleagues to pressure Mr. Chretien and his cabinet to at least restore the funding they have slashed over the past four years. Health care should be the last place to cut, not the first.

Yours truly,
Leon Benoit, M.P.
Lakeland Constituency

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community-NEWS

FG Miller High is again Crusading Above the Limit !

Marks of 80% and up will be eligible for entry in prize draws

By Judy Bilak
Organizing Committee

February begins the second semester at FG Miller School, and with this new beginning, the Above the Limit program resumes again. As in previous years, the program's focus is on academic achievement. Each time a Crusader earns 80 per cent or better on an exam, quiz, essay or individual project, they are eligible to put an entry into the program.

This year, this worthwhile program is

being run by volunteer parents and school personnel. In the past, this program was headed by Ms. Smereka, the school librarian. On behalf of this year's organizing committee, staff and students at FG Miller School, we would like to say thank you Denise, for all of your hard work and dedication over the past two years! You laid the ground work that made it possible for us to continue the program.

Local businesses, community organizations and individuals were canvassed

during the months of November and December in order to gather sponsors for this project. We would like to take this opportunity to thank the following businesses, clubs and individuals for their generous support to the Above the Limit Program: Lions Club, Elk Point and District Co-op, Elk Point Insurance and Realty Ltd., Elk Point Elks Lodge #460, Town of Elk Point, Enviro-Vault Ltd., Tri-K Trenching Ltd., Dr. Jonathan Adams Professional Corporation, Elk Point Truss, MLA Paul Langevin, Elite

Theatre in St. Paul, 2 M Resources - FG Miller School, Edmonton Oilers Hockey Club.

It is our hope that more of the community will invest in this program and make it as successful as it has been the past two years. We are looking for monthly sponsors as well as sponsors for the larger prizes that will be given away in June of 1999. If you would like to get involved as a sponsor, please contact Mr. Jim Hawkins at FG Miller School (724-3966) for more information.



CRUASDERS JR. HIGH BOYS came out on top in a round-robin tournament held January 16 at FGM.

Photo contributed by Brenda Bintz.

FGM High-lights

By Leanne Wilson
Student Reporter

Hello from F.G. Miller High School. Well, the buses, students, and staff all managed to survive the winter's cold and blizzards. Now, hopefully this temperate weather will stay with us.

Well, onto warmer news. Ms. Smereka, our librarian, has informed me that your help is needed. The library wants you to clean up your act! We are looking for magazines that are no longer wanted in your home. So, clean up the piles of magazines you have lying about and bring them to the library. They will be used for cutting out articles and pictures for various classes. Send them with your child, or drop them off at the library personally. All old magazines are welcome.

The library also wants you to get involved in a murder! The Science Alberta Foundation Murder Mystery "Murder in a Minor Key" will be coming to F.G. Miller February 16-19. We are looking for parents to help out with the event. If you are interested in spending a morning, afternoon, or even a whole day, please call Ms. Smereka. Look for more information in upcoming articles.

Now onto the sports scene. On January 16, F.G. Miller played host to a basketball tournament. The visiting junior high teams were Racette, Glen Avon and J.R. Robson. Racette girls took home the first place medallions. First place on the boys side went to F.G. Miller's own Crusaders. Congratulations! The junior basketball teams would like to thank everyone who helped out with the tournament. Special thanks to the Golden Loaf, Co-op Store, and Woody's Trophy and Gifts who provided us with supplies at great prices. We hope to see everyone next year.

Well, that's all from the halls of F.G. Miller. Until next week...

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* A Blue Moon occurs when there are two full moons in one calendar month (January 1999 has full moons on January 1 and 31). The second full moon is called a Blue Moon. Prices in effect to Jan. 29 or while quantities last.

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community NEWS

River of Dreams: 1999 Alberta 4-H Leaders Conference

Ken and Claire Ference, Ed and Elaine Babenek, Gail Havener and Lorraine Danyluk, leaders of the Elk Point 4-H Multi Club, joined over 275 4-H volunteer leaders from across Alberta, as well as guests from the four western provinces and Montana, at the 1999 Alberta 4-H Leaders' Conference. Leaders travelled to Red Deer, Alberta for a busy weekend of fun and learning, January 15-17. This year's conference was hosted by the Peace Region.

"There are sessions for everyone, from new to experienced leaders," says

Penny Wilkes, leadership specialist with the 4-H Branch of Alberta Agriculture, Food and Rural Development.

"The conference is the only opportunity for leaders from different project areas and all regions of the province to learn from each other and to share successes" says Kathy Hougham, co-chair of the conference planning committee.

The keynote speaker, Bill Gordon, reminded delegates of the challenges and joys of working with youth. He challenged 4-H leaders with the unique opportunity they have to positively

influence the lives of the many 4-H'ers that they work with each year.

This was the 57th annual Alberta 4-H Leaders' Conference. Major program patrons are Agricore, Lammle's Western Wear, 4-H Member Program Trust and Alberta Agriculture. Other sponsors of the program, include United Grain Growers, Alberta Cattle Commission, Finning, Dairyworld, the agricultural societies of Berwyn, Fairview, Savanna, Grimshaw, La Glace, Rocky Lane, Hines Creek, High Prairie, Lake Saskatoon, and Cleardale, the Municipal Districts of Birch Hills, Greenview, the 4-H dis-

tricts of MacKenzie and Grande Prairie, Berwyn 4-H Coveralls Multi Club, Kinuso-Lakeside 4-H club, Grande Prairie 4-H Multi club, Strong Creek 4-H Beef club, the Alberta 4-H Council, Jim Carpenter Welding, Burnt Lake Livestock, and Marvin E. Moore. The partnership of both government and industry allows 4-H to flourish, and facilitates training functions such as this conference.

The Alberta Leaders' Conference is an annual event, open to all registered 4-H leaders, key leaders, and council members in Alberta.

SAVE THIS INFORMATION FOR FUTURE REFERENCE.



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what if there was a power outage

Don't take electricity for granted. On a whim Mother Nature can change our plans. As could a tighter-than-normal electricity supply across Alberta this winter. While we can't control Mother Nature, we're working hard to deal with the newer issue of limited supply – doing our utmost not to interrupt service.

We're the first to admit a power outage is annoying. But if you're prepared for one, things can be far more tolerable.

Work with us. Following are ways to help lessen the demands on our electricity system and stay safe if a power outage occurs.

DO avoid using your dishwasher, block heater and Christmas lights during the electricity rush hour from 4-8 p.m. We all tend to use household appliances at the same time. This creates peaks in electric demand across Alberta. If demand is higher than supply, the whole electric system will become unstable. To keep the system working, we may have to interrupt service to some customers.

DO report a power outage. Call Alberta Power.

DO check your breaker on your main electric panel if the power goes out. This will confirm if there is an outage or if there is a problem with your breaker. If you've blown a fuse or tripped a breaker, one or more of the switches may be turned off. Just turn the switches back on and power should be restored.

DO have a personal power supply kit ready to go. Your kit should include a flashlight, spare batteries, candles, matches, battery-operated radio. Keep your kit in a specific place and be sure everyone in your family knows where to find it.

DO have a first-aid kit, a list of emergency numbers, medications and back-up batteries needed by any family member on a life-support system.

DO listen to your battery-operated radio. We'll do our best to keep local media informed so they can pass information along.

DO unplug appliances during an outage – or turn off your main circuit breaker. This accomplishes three important things. One, it helps protect your appliances from a surge of electrical energy that could damage sensitive equipment like computers, TVs or VCRs.

Two, it ensures all appliances are indeed off. This is especially important if you leave your home during an outage – you don't want to return to find a stove burner left on.

Three, it helps minimize load and keep the system stable as we work to restore power. It helps if you don't have all of your appliances waiting to draw power the instant it is restored.

DO keep a window open slightly. You still need fresh air, especially when electric-powered fans and cold-air intake systems aren't working.

DO draw drapes or cover windows with blankets to keep heat from escaping.

DO try to use your gas fireplace to stay warm. Most should function without power. Do remember though that most gas furnaces won't operate without power for the fan. However, the pilot light will stay on and the furnace will resume operating as soon as power is restored.

DO know that cordless phones or any others connected to an electric outlet won't work during a power outage.

DO be patient. If there is an outage we're likely already working on it. The amount of time it takes to restore power will depend on the type of outage. An outage related to a shortage of energy is likely to be brief – an hour or so. Outages caused when power lines are knocked out by nature can last longer – it all depends on damage and weather conditions.

DON'T be alarmed. The risk of prolonged outages is not greater than it has been in the past. But there is a somewhat higher chance of more brief outages caused by the limited supply of electricity. This type of outage shouldn't last longer than two hours.

DON'T leave burning candles unattended and never use them without fireproof holders. Always have a fire extinguisher – A-B-C type – in your home and know how to use it.

DON'T try to heat your home with a barbecue or an ordinary kerosene heater. These appliances are extremely dangerous when used indoors – you and your family could suffocate.

DON'T install a standby generator by yourself. Standby generators can be extremely dangerous if not connected properly. If you decide you need this equipment, have it installed by a certified electrician. However, if you haven't needed a standby generator in the past, you probably don't need one now. The risk of a long outage is no greater than it has ever been.

For more good advice
www.albertapower.com

would you be ready?

community NEWS

Ukrainian Dancers host annual supper, mini-concert



KEEPING TRADITIONS ALIVE -- the Elk Point Ukrainian Dance Club gave a taste of what is to come at their spring concert as the Junior dancers performed a Hutzul Zabada (right) and the Senior and Intermediate dancers wound up the mini concert with the Hopak for an appreciative audience at the Elks Hall on Saturday evening.

Elk Point Ukrainian Dance Club held their annual supper and mini-concert Saturday, January 23 with an excellent crowd of relatives and guests on hand to enjoy the evening.

Marshall Kachmar started off the event by explaining the history of the traditional Christmas supper which would be served, and offered a Ukrainian grace. He was joined by the local Ukrainian choir to lead a traditional Ukrainian carol before everyone lined up to enjoy everything from borscht, nalesnyky and holupchi to a wide range of wonderful desserts.

After the feasting and a trip to the Silent Auction table, it was time to sit back and be entertained, as the dancers

showed off the talents they have been honing this season.

The intermediate and senior dancers, with their wheat headdresses and striped-sleeved blouses were joined by two young cossacks, one playing the pipes, for a Bukovinian Zabava. The beginners were next with a lively Kozachok, followed by the juniors in their elaborately embroidered vests for a Hutzul Zabava.

The adorable three- to five-year-old pre-beginners took to the floor with Kenna Hillebrand for their rendition of the Kozachok, while the intermediates and seniors returned for the gala Hopak finale which wound up a very festive evening.



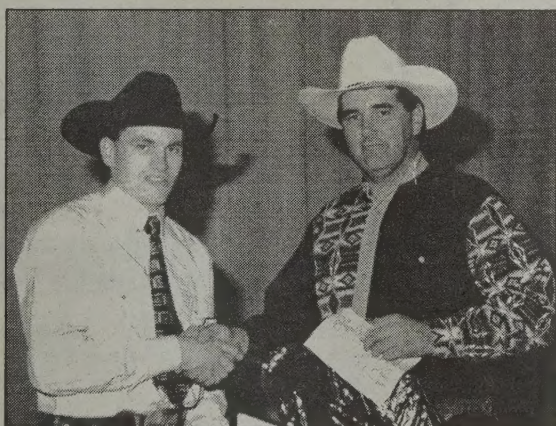
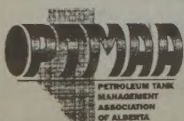
PUBLIC NOTICE

Opinions Sought on the Establishment of a Petroleum Tank Site Remediation Program

The Petroleum Tank Management Association of Alberta (PTMAA) is a non-profit organization that has been delegated authority for underground petroleum storage tank management by the Government of Alberta.

The PTMAA is currently seeking public opinion on the establishment of a remediation program that will provide a coordinated response to potentially contaminated retail petroleum storage tank sites in Alberta. It is estimated that the program will require up to \$213 million to address contamination risks at both abandoned and active sites. The program will be in effect only until all existing sites meet the standards specified under the *Alberta Environmental Protection and Enhancement Act*.

More information is available @ 1-800-361-9362 or from our website at www.ptmaa.ab.ca



TOP ROOKIE DRIVER OF THE YEAR Doug Irvine (left) accepts his award sponsored by the CPCA from CPCA Director Gary Gorst.



TOP ROOKIE OUTRIDER Kyle Lawrence (left) was presented with his award, sponsored by the Ray Croteau family, from Rae Croteau Jr.

Two local winners at CPCA awards banquet

Lindbergh area chuckwagon driver Doug Irvine and one of his outriders, Kyle Lawrence, were among the season's top competitors who were honored at the Canadian Professional Chuckwagon Association's year-end banquet.

Irvine won the Rookie Driver of the Year award for the best season ever recorded by a rookie driver, while Lawrence received the Rookie Outrider award.

The Harold Schiller Memorial Award for the Most Sportsmanlike Driver went to Ervin Quinney of Frog Lake, while the Roy Bremner Memorial Award for outstanding contribution to the sport of chuckwagon racing went to Maynard

Metchewais of Cold Lake.

The Champion Driver and Outriders awards were presented to Bert Croteau of Bonnyville and outriders Rae Croteau Jr., Bonnyville and George Machatis, Cold Lake. The Year End High Point Leader award went to Dennis McGillivray of Melfort, SK, while Bill McEwen of Lloydminster won the Most Improved Driver award.

This year's High Point Outrider, winning the Randy Evans Memorial award, was Darren Mitsuing of Loon Lake, SK, with Layne McGillivray as runner up.

Dewberry Agricultural Society was named Show Committee of the Year.

Photos courtesy of Don Whiting, Lloydminster.

Cell phones need adjustment

Local cellular phone retailers are reminding their customers that they need to have their phones reprogrammed for the new area code in Northern Alberta.

The northern part of the province officially changed over to the new 780 area code yesterday (Jan. 25), and even though we have until

May 18 to get used to the different number, cell phone customers have until Oct. 31 to get their phones adjusted. After this grace period, if you don't have your cell phone adjusted, you won't be able to place or receive calls.

If you own a cell phone and live anywhere north of Red Deer, you need to

take your phone into a Telus and/or Cantel retailer to have the new area code programmed into the unit. Although customers may be able to figure out the reprogramming themselves, retailers suggest you take your cell phones into them because they know the exact procedure. And the service is free as well.

community-NEWS

Tree of Hope lights way for Elk Point Palliative Care

(Continued from Page 3)

from Joanne Bates - Doris Onusko and Jim Onusko from Ron & Carolyn Onusko - Ivan Hendrikson from A. Mae Hendrikson - Barry and Ross Maas from Donna and Gary Gulayec - Vera Eliuk from Jim & Amelia Bowen - Mike and Tillie Shymkiw and Olga Dembicki from Katherine Shymkiw - Joseph Kulczycki and Sam Krider from Donna Kulczycki and Kelly Krider - All past residents from Phyllis Scott - Harry and Jean Kozicki from Darlene and Calvin Kozicki - Gladys and John Drobot from Leanne and James Vinge and family - Barry and Ross Maas from Peggy Maas - Helen, Raymond and Walter Hillebrand from Ken & Nellie Hillebrand - Ken Peavoy, Gordon and Lena Kaufman from Barb Kaufman - Bruce Hannah from Hazel Hannah - Fritz and Louise

Kummetz and Thomas Loughran from Marie Loughran - Dave Lawrence from Brenda, Brad and Brian Poitras - Danette Laurin and Mary Ewart from Clarence, Betty Poitras and Family - Grace Franks from Isabel Myshaniuk - Margaret

Bryan Rosychuk - Danette Laurin from Val and Willie Poitras - Dad and Mom from Lawrence and Margaret Modin - Andrew Abraham from Leonard Wade - Carl Nelson and Fred and Audrey Lorensen from Olive Nelson - Carl

Ken and Nellie Hillebrand - for all Hospital Staff from Barb Kaufman - for Mike Trach from Helen Trach - for Frank Haggard from Hazel Hannah - for Doctors / Staff at Elk Point Health Centre from The Loughran Family - for Parkview Residents from Elk Point Staff at the Health Centre - for Mike Trach from Florence Drobot and Mike and Elsie Oryschuk - for Ryan, Rachelle and Victor Laurin from Val and Willie Poitras - for Annie Culford from Pete, Karen and Darcy Stafford - for Annie Culford from Tyson Stafford and Twila Rainboth - for Annie Culford from Tina, Rob Harms and Family - for Annie Culford from Carrie and Brent Becker and Family - His Family from Leonard Wade - for Val, Willie Poitras and

Family from Agnes Moroziuk - for the Kulczycki and Krider Families from Donna Kulczycki and Kelly Krider - for Blanche Falconer from Todd and Coreen Morris.

Season's Greetings from: (white lights) - Etta Scott - Elk Point Truss Ltd. - Bob & Grace Kinjerski & Family - Elk Point Insurance & Realty - The Loughran Family -

Hazel Hannah - Bill and Olga Seniuk - Ace Pizza (Management & Staff) - Kevin Casper - Marshal and Agnes Moroziuk and Family - Todd and Coreen Morris - Jim and Amelia Bowen - Harry and Mary Shymkiw - Hilltop Motor Inn - Helen Trach - Orest and Florence Oryschuk - Mike and Elsie Oryschuk - Leonard Wade and Family - Tyler and Christopher Harrison.

The Elk Point Palliative Care would like to say, "without our hospital we would not be able to provide this service to our community."

Lytle from Melvin and Jean McGinnis - Paul Moneta from Leona Moneta - Gail Bendixen from Floyd Bendixen - Harry and Alex Blacklock (twins) from Grace, Bobby Kinjerski and Family - John Rosychuk and Gail Bendixen from Pat, Ed Zarowny and Family, Joanne, Rocky Sharkey and Family and

Nelson and Vera Fakeley from Gordon, Deanna Fakeley and Family.

Special thoughts for: (blue lights) - For George Jacobson, Mabel Dumont, and May Booth from Phyllis Scott - for Aaron, Matthew, Jacob Jonathon, and Thomas Willie Spencer from Bill and Olga Seniuk - for all Parkview Residents from



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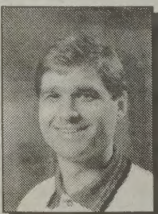
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SATURDAY

8 a.m. - 4 p.m.

what's NEWS at the LIBRARY?

Don't overlook the jewels in our Reference collection

Everything from the Kennel Club to Ogden Nash

By Karina Mitchell
Librarian

This week I thought I would take some time to talk about a part of the Library that is sometimes overlooked. It is the Reference section. The first thing most people think of is Encyclopedia and dictionaries. These do take up a large part of the section, but there is a wealth of knowledge contained in these shelves that goes far beyond the encyclopedia.

For instance, there is the **Canadian Kennel**

Club Book of Dogs. If you are considering getting a dog, this is a good place to start checking out the different breeds and is especially helpful if you want a show dog.

There are, of course, dictionaries. But not like you would expect. We have the **Dictionary of Symbols**, which explains the meaning and history of graphic symbols such as the question mark and the heart sign (especially important as we get closer to February 14).

My favorite reference book is **Bartlett's**

Familiar Quotations.

Now maybe I am alone in this, but I really enjoy thumbing through quotations. They are little bits of truth and wisdom, some of them poignant, some of them funny. Such as Jonathan Swift calling books the children of the brain. I enjoyed Ogden Nash's take on the perfect husband: "He tells you when you've got too much lipstick, and helps you with your girdle when your hips stick." This could change the way you write your Christmas letters next

year.

So don't forget to check out the Reference section. You never know what jewels of information you may find.

New Books ...

For Adults:

Four foster children, realizing there is no hope for them at the home, escape to the open highway, stealing a car to pursue their dreams. But soon they are penniless and more vulnerable than ever. Are they halfway to happiness or is this the end of the road?

Runaways by V.C. Andrews.

Bridget Gether has taken on the formidable Overmeer family, when she turned down an offer of marriage from Laurence Overmeer. Or will another vengeance seeker end up shaking the very foundations of the Overmeer family? **The Blind Years** by Catherine Cookson.

For Young Adults:

The newest Animorph, David, is starting to break up the group and time is running out. The newest battle against the Yeerks is the most important one yet, but no one knows what to do with David in

The Solution by K.A. Applegate.

Picture Books:

Bears use their noses to sniff out a meal. Read about a mother bear and her two cubs and what they like to eat in **Bears are Curious** by Joyce Milton.

Little mouse. Big lion. Big, big trouble! Who will save the mouse? Who will save the lion in **The Lion and the Mouse** by Gail Herman.

LIBRARY CALENDAR:
Fridays, 10:30 a.m.:
Story Time, all are invited.

Conference set to spring into life

Town and County conference in March

By Keith Robinson
Staff Writer

Have you ever felt tired or depressed? Spiritually lacking energy? Wondering if you can cope with the daily stresses?

Perhaps the Town and County Conference—Spring Into Life—is the answer to help you.

Early registration has already begun for the March 4 conference.

Cheryl Snider, the FCSS director for the Town of St. Paul, believes the conference will be a positive day for the participants.

"It should be a very energetic and relaxing day," says Snider. "If it goes well, there's the possibility of the conference becoming an annual event."

Rediscovering Play is the first workshop of the day's activities beginning

in the morning. Comedian and public relations instructor Lisa Austin will be using an interactive workshop which involves a great deal of time playing and laughing and talking about both.

Later, Skye MacLachlan will demonstrate how to create spaces that nurture our souls and encourage our dreams to grow and prosper. She will do this through the ancient Chinese art of understanding how energy moves, Feng Shui.

Feng Shui energy primarily moves in three ways: too fast, too slow or just right. MacLachlan will show various examples to demonstrate energy movement and how it impacts us.

After lunch they will be an open-discussion panel which will involve MacLachlan, the Town of

St. Paul Public Works and Kim Moe, of Moe's Greenhouse.

They will be discussing the basic guidelines to consider when designing your yard. The tips will include the technical aspects of landscaping for the protection of your home, foundation, sidewalks, driveways and the use of plants.

Finally, Sharon Steinhauer, the coordinator of the social work program at Blue Quills First Nations College, will engage the participants in celebrating the small moments in their lives and help lead them to an opportunity to network and exchange with others.

Snider adds that Margret McMullen, from Lakeland College in Vermilion, will be leading stress busters during the breaks, perhaps teaching simple exercises to take

the kinks out while sitting at your desk.

Previously Alberta Agriculture used to hold similar workshops as this regionally, but there hasn't been one held here for quite some time.

Snider says "we felt we should hold one" on our own.

For more information on the conference please contact the FCSS office during regular business hours 645-5311.

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review

COMMUNITY NEWSLINE

"Mother to Mother" Breastfeeding Support Group - meets 4th Monday of every month, 10 a.m. Call 724-3332 for more info. Expectant mothers and older siblings welcome.

Elk Point Parent Nursery - Every Wednesday, 10 a.m. to Noon, Elk Point United Church Hall. Children under 6 and parents welcome. For more info, call Brenda Hayman, 724-3192 or Erin Mohyluk, 741-2140.

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, south door, Elk Point.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

Recycle Your Paper - Paper trailer is located at the west side of the curling rink, 5118-49 Ave.. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. and Thurs. 1 p.m. to 5:30 p.m.; Wed. 2 p.m. to 9 p.m.; Fri. 10 a.m. to 5 p.m.; Sat. 11 a.m. to 3 p.m.; Storytime - Fri at 10:30 a.m. Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. For more information call: Ed Smith at 724-2527.

Elk Point Olettes regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m.. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

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PG with coarse language
SATURDAY & SUNDAY
MATINEE AT 2:00

THE PRINCE OF EGYPT
7:20
PG
SATURDAY & SUNDAY
MATINEE AT 2:00

Tom Hanks Meg Ryan
You've Got Mail
9:30
PG
Features subject to change without notice

CHURCH SERVICES

Bethel Lutheran Church of Lea Park
Sunday Worship Services, 10:30 a.m.

Bible Fellowship Church Clonald
Services held every Sunday at 11:00 a.m.

Elk Point Baptist Church
5705 - 49 St., Elk Point
Pastor Jim MacLellan - 724-4194
Family Worship Service
Sundays - 10:00 a.m.
Sunday School for All Ages - 11:15 a.m.
Call Church answering service for current programs and times.



Elk Point Christian Community Church
Rev. Sam Donaldson - 724-2493
Railway Avenue and 53 St.
Sunday Worship Service - 11:00 a.m.; Sunday School - 11:00 a.m.; Office hours -Thurs. & Fri. 9 a.m. - 12 noon

St. Michael's Catholic Church
Sunday Mass 12 p.m.

St. Vladimirs' Ukrainian Orthodox Church Elk Point
For service times, call 645-5156, St. Paul or 724-4351, Elk Point.

United Church of Canada Elk Point
Rev. Paulette Phillips - 724-3616
Sunday Services and Sunday School 10:00 a.m.
OFFICE HOURS
Mon, Tues., Thurs., 9 a.m. to 12:00 noon
Parent Nursery
Wednesday, 10 a.m.

review-SPORTS this week

Provincials: the best of times

By Doug Bassett
Review Sports

It can be the best of times. It can be the worst of times. Provincial action. Two teams going head to head. No friends out there, just tough competition. Winners go on. Losers go home. The clock ticks. Minute by minute. Shift by shift. The heart pumps. The adrenaline flows. Sweat and tears. Never a chance to slack off. A time when discipline hockey will pay off, and the goalies earn their money. The provincial round robins, competition at its best. Gotta love this.

The best time of the year, the provincial round robins started this past week and will continue until one team in the zone at each category is left. Last year was not the best of times when all our teams were defeated before

going to the big show. Some years we send one or two teams, and this year, things look good again.

Devon Moneta led the team with four goals Friday night when the **Atom Avalanche** took on Bonnyville, winning the first of the two game series. Then on Saturday night, Zack MacKinnon and Lee Letestu scored two each to help the Avalanche win the series. The Avalanche will wait for the winner of Vermilion and Cold Lake for their next Provincial round.

Levi Stewart with a goal and two assists and David "Rumble" Ramful with a goal on Sunday helped the Avalanche bury Edgerton in league play.

The **Peewee Lightning** have four second-year players hurt. George Danyluk, Kyle Nielsen, Kevin Moneta and Mark Letestu were all out of the lineup in the

Marwayne tournament this past weekend. Colton Hoffman, the only second year Peewee, picked up the slack and was just flying, along with some great play from the young guns. Tyson Slywka played his best games of the year. Darcy Ockerman, a defenceman playing on forward, scored his first two goals of the season. Greg Kozicky and Brandon Holthe both played like veterans. The Peewee Lightning will play provincials tonight in Vermilion, with the second game of the two-game series on Thursday night in the Dome. Be there to cheer these guys on

Every once in a while a team will get into a game where the man with the stripes is in over his head and trouble results. This was the case on Saturday night when the **Thunder** traveled to the Border City for an exhibition game. An obvious check from behind, that should have been called, turned the game into a rodeo. Every town has a problem getting referees that are qualified to do Midget games, but a big city like Lloyd?

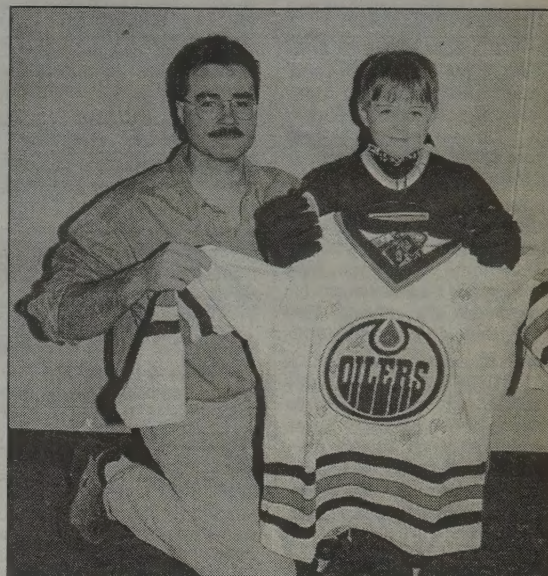
The Thunder were trailing the game, 1 to 0 after the first, when Eric Wyness took a long pass and went in all alone, deeking the goalie. After the Border City Bunch

took the lead once more, Shane Braithwait tied it up late in the second, 2-all. With the benches getting shorter and tempers flaring, team managers agreed to run the clock straight time in the third, ending in a tie.

The Thunder will be hosting Lac La Biche Saints Friday night for the first of the two game, home-and-home series for provincials. Come down to the Dome and support these guys. On Saturday, the Thunder will host their four team tournament in the Dome, moving to the Dewberry arena on Sunday to finish the tournament.

The **Bantam Colts** came from behind down in Provost to win 6 to 4. Four goals in this one for Kurt Bensmiller. Colts goalie Jon Cusack played great between the pipes. On Sunday with goals by Adam Hansen, Trent Robertson and Mark Hines, the Colts had no contest defeating Lloydminster.

The **Novice Hurricanes**, a team that is short on numbers but big on heart, were defeated by the big Tier 1 St. Paul team on Sunday. The Hurricanes, who cancelled a game on Saturday when many of their players were sick, were just fortunate enough to scrape up enough players, and called up to help out, a guy with his jer-



MIGHTY BIG PRIZE -- Dylon Loughran shows off his autographed Oilers sweater, presented by Roland Moneta of BMW as a tournament draw prize.

sey down to his knees, micro novice Garrett Osinchuk. Singles for Ryan McDonald and Chevy Botting. Chevy is also a micro novice aged player and has played with the Hurricanes all year. Once again, some more great goaltending by Jerin Bezpalko, who faced over 40 shots.

Make sure you listen to your mother and wear warm clothes when you go to play in Lashburn, one of the coldest barns on the whole N. E. circuit, where the Peewee Girls Cyclones played a very good game on Sunday. "Lots of passing," stated Cyclones manager Pam Ballas. Each week this team is playing better and better.

The Dome was full on Sunday with parents, grandparents, aunts and uncles when the **Micro Novice Tornadoes** hosted their six team tournament, with teams coming from Dewberry, Vermilion, Mallaig, Bonnyville and St. Paul. Scoring for the Tornadoes, Garret Osinchuk, Ryan Marцениuk, Garrett Duffee, Dylon Loughran, Kameron Ballas, Tanner Shankowski, Bradley Yarmuch, Mike Marianchuk, Billy Hudy and my little buddy Harrison Moss. The Oiler jersey donated by BMW, with 14 autographs of Oiler players on it was won by Dylon Loughran.



MICRO NOVICE ACTION was lively on Saturday as the Tornadoes hosted their annual tournament, playing here against Bonnyville's Vincent Building Supplies squad.

■ Sask-Alta League

Busy weekend for Senior Elks

Elk Point Elks had a busy weekend, with home games Friday night and Sunday afternoon as well as participation in the Sask-Alta League's All Star Game.

Elks 9 - Eagles 3

The Onion Lake Eagles swooped down on Elk Point Friday night, but were sent home with a 9-3 loss. The Elks were first on the scoreboard with a goal by Loren Kozicky, assisted by Ted Generoux and Doug Zarowny, just over three minutes into the game, and held the lead until the 14:58

mark, when Onion Lake's Luke McDonald tied the score off assists by Standy Muskego and Greg Horse. From that point, it was all downhill for the shorthanded Eagles, as Dennis Olson put the Elks back in the lead with six seconds left in the period off an assist by Generoux.

The Elks collected two more in the second period, Tyson Stafford assisted by Mike Boratynec and Marty Bendixen assisted by Loren Quinney, and chalked up another pair half a minute apart, by Stafford unassisted

and Kyle Lawrence assisted by Danny Flett and Lane Lorenson, before the Eagles could move up another notch. Boris Chursin, the league's top scorer, slammed one home for Onion Lake off an assist by Jonathon Whitstone, but was soon answered by the Elks' Lane Lorenson, assisted by Olson. Onion Lake's final goal of the game came with just under 11 minutes remaining, when Kevin Lewis scored off an assist by Barry McDonald. Ted Generoux scored a final pair for the Elks, assisted by Olson on both efforts, Troy Packet on

the first and Loren Quinney on the second.

All Stars

Captain Ted Generoux, assistant captain Tyson Stafford, Lane Lorenson, Kyle Lawrence and goalie Curtis Porcina represented the Elks at the All-Star game against Kitscoty. The game was very physical and got exceptionally rough in the final period, as the Monarchs took the win.

Comets 3 - Elks 2

The hard-hitting Marwayne Comets came to town Sunday afternoon, and took a two-goal lead in the

first period, with goals by Kevin Espetveidt, assisted by Chad McDougall and Sheridan Siewert, and Jon Miller, assisted by Sheldon and Kevin Espetveidt, in a clean period with only one pair of 2-minute penalties. The game got livelier in the second, as penalties started to pile up after the Elks got on the scoreboard with a goal by Ted Generoux, assisted by Troy Packet, three and a half minutes into the period. The Elks were a man short for seven minutes at one point, but managed to keep the Comets at bay. The home team tied it all up mid-

way through the third, with Tyson Stafford scoring on assists by Marty Bendixen and Generoux on a power play. The game was all set to go into overtime when the Comets' Mike Saunders slipped it past Elks goalie Curtis Porcina with just 5.8 seconds left in regulation time, to claim the win for Marwayne.

After the weekend's games, Elk Point and Marwayne remain tied at the top of the league with 24 points apiece, four ahead of Kitscoty. Onion Lake has 12 points and Dewberry is in the cellar with 10 points.

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